

Samantha J. Heintzelman

Smith Hall, Room 354
101 Warren Street, Newark, NJ 07102

973-353-3953
samantha.heintzelman@rutgers.edu

EDUCATION AND PROFESSIONAL EXPERIENCE

- 2018 – present Assistant Professor, Psychology
Rutgers University, Newark, NJ
- 2021 – present Associate Member, Psychology Graduate Faculty
Rutgers University, New Brunswick, NJ
- 2015 – 2018 Post-doctoral Research Associate
University of Virginia, Charlottesville, VA
Advisors: Ed Diener & Shigehiro Oishi
- 2015 Ph.D., Social and Personality Psychology
University of Missouri, Columbia, MO
Dissertation: *The motivational primacy of environmental coherence: Self-derogation and the experience of meaning in life*
Advisor: Laura A. King
- 2012 M.A., Social and Personality Psychology
University of Missouri, Columbia, MO
- 2009-2010 Psychology Department Coordinator
College of Saint Benedict and Saint John's University
- 2009 B.A., Psychology
College of Saint Benedict, St. Joseph, MN
Summa cum Laude, Distinction in Psychology

ACADEMIC HONORS & AWARDS

- Society of Personality and Social Psychology Student Publication Award, 2015
Donald K. Anderson Graduate Research Award, University of Missouri, 2015
Minnesota Psychological Association's Donald G. Paterson Undergraduate Award in
Psychology/Outstanding Senior Undergraduate Student, 2009
Summa cum Laude, College of Saint Benedict, 2009
Distinction in Psychology, College of Saint Benedict, 2009
Delta Epsilon Sigma National Scholastic Honor Society, 2008
President's Scholarship, College of Saint Benedict, 2005-2009
Red River Valley Scholarship, 2007-2009
Alliss Scholarship, 2006-2007
Dean's List, College of Saint Benedict, 2005-2009

GRANTS AND AWARDS

- 2020-2023 Templeton Foundation Grant Subaward via UC-Berkeley, Role: Subaward Principal Investigator. “Greater Good in Action 2.0: Making the Science of Character Virtue More Practical, Engaging, and Impactful.” \$66,700 (full award: \$1,778,612)
- 2021-2022 Society for the Psychological Study of Social Issues Researchers in the Global South Grant, Role: Faculty Advisor. “Motivations for Social Action in India.” PI: Fahima Mohideen. \$1,000
- 2019-2020 New Jersey Gun Violence Research Center Grant, Role: Principal Investigator. “The Lived Experience of Gun Ownership.” \$100,000
- 2019-2021 Initiative for Multidisciplinary Research Teams Grant, Rutgers—Newark, Role: Co-Investigator. “Negative Affect Mechanisms Underlying Opioid Use in Lab and Daily Life.” PI: Mauricio Delgado. \$105,100
- 2018-2019 Rutgers University Open and Affordable Textbook Grant, Role: PI
An Initiative to Create Online Course Materials for Social Psychology. \$1,000
- 2015 University of Missouri Psychological Sciences Graduate Fund for Dissertation Research
- 2013-2015 Research Assistantship. National Science Foundation Research Grant, “The Function of Meaning,” PI: Laura A. King
- 2011-2013 Research Assistantship. National Science Foundation Research on Gender in Science and Engineering Grant, “Going against the grain: Intuitive information processing,” PI: Laura A. King
- 2013 University of Missouri Graduate Professional Council Travel Fund
- 2013 University of Missouri Psychological Sciences Travel Fund
- 2012 University of Missouri Psychological Sciences Graduate Fund for Thesis Research
- 2011 University of Missouri Psychology Summer Fellowship

PUBLICATIONS

**student mentees are indicated with underlining*

Mohideen, F., & **Heintzelman, S. J.** (*in press*). Routines and meaning in life: Does activity content or context matter? *Personality and Social Psychology Bulletin*.

Heintzelman, S. J. & Mohideen, F. (*in press*). Leveraging the experience sampling method to study meaning in everyday life. In *Cultivating, Promoting, and Enhancing Meaning in Life Across Cultures and the Life Span*. Atlantis Press.

Heintzelman, S. J. (*in press*). Whose life is meaningful? In Pressman, S. D., & Parks, A. (Eds) *Activities for Teaching Positive Psychology, Volume II*. American Psychological Association.

Raza, S., Westgate, E. C., Buttrick, N. R., **Heintzelman, S. J.**, Furrer, R. A., Gilbert, D. T., Libby, L. K., & Wilson, T. D. (2022). A trade-off model of intentional thinking for pleasure. *Emotion*, 22, 115-128.

Eisenbeck, N. Carreno, D. F., Wong, P. T. P., Hicks, J. A., ... **Heintzelman, S. J.**, ... Garcia-Montes, J. M. (2022). A global study on psychological coping during the COVID-19

pandemic: The need for meaning-centered coping. *International Journal of Clinical and Health Psychology*, 22, 100256.

Heintzelman, S. J.*, Kushlev, K.*, Lutes, L. D., Wirtz, D., Kanippayoor, J. M., Leitner, D., Oishi, S., & Diener, E. (2020). ENHANCE: Evidence for the efficacy of a comprehensive intervention program to promote subjective well-being. *Journal of Experimental Psychology: Applied*, 26, 360-383. *Co-first authors.

Heintzelman, S. J., Mohideen, E., Oishi, S., & King, L. A. (2020). Lay beliefs about meaning in life: Examinations across targets, time, and countries. *Journal of Research in Personality*, 88, 104003.

Kushlev, K.*, **Heintzelman, S. J.***, & Diener, E. (2020). Does happiness improve health? Evidence from a randomized control trial. *Psychological Science*, 31, 807-821. *Co-first authors.

Heintzelman, S. J., & Kushlev, K. (2020) Emphasizing scientific rigor in the development, testing, and implementation of positive psychological interventions. *Journal of Positive Psychology*, 15, 685-690.

Joseph, D. L., Chan, M. Y., **Heintzelman, S. J.**, Tay, L., Diener, E., & Scotney, V., (2020). The manipulation of emotion: A meta-analysis of mood induction procedures. *Psychological Bulletin*, 146, 355-375.

Kushlev, K., Drummond, D. M., **Heintzelman, S. J.**, & Diener, E. (2020). Do happy people care about society's problems? *The Journal of Positive Psychology*, 15, 467-477.

Oishi, S., Choi, H., Koo, M., Galinha, I., Ishii, K., Komiyama, A., Luhmann, M., Scollon, C., Shin, J., Suh, E. M., Vittersø, J., **Heintzelman, S. J.**, Kushlev, K., Westgate E. C., Buttrick, N., Tucker, J., Ebersole, C. R., Axt, J., Gilbert, E., Ng, B. W., Kurtz, J., & Besser, L. L. (2020). Happiness, meaning, and psychological richness. *Affective Science*, 1, 107-115.

Heintzelman, S. J., & King, L. A. (2019). Routines and meaning in life. *Personality and Social Psychology Bulletin*, 45, 688-699.

Heintzelman, S. J., & Diener, E. (2019). Subjective well-being, social interpretation, and relationship thriving. *Journal of Research in Personality*, 78, 93-105.

Womick, J., Ward, S. J., **Heintzelman, S. J.**, Woody, B., & King, L. A. (2019). The existential function of right-wing authoritarianism. *Journal of Personality*, 87, 1056-1073.

Oishi, S., Choi, H., Buttrick, N., **Heintzelman, S. J.**, Kushlev, K., Westgate, E. C., Tucker, J., Ebersole, C. R., Axt, J., Gilbert, E., Ng, B. W., & Besser, L. L. (2019). The psychologically rich life questionnaire. *Journal of Research in Personality*, 81, 257-270.

Kushlev, K., **Heintzelman, S. J.**, Oishi, S., & Diener, E. (2018). The declining marginal utility of social time for subjective well-being. *Journal of Research in Personality*, 74, 124-140.

- Kushlev, K., & **Heintzelman, S. J.** (2018). Put the phone down: Testing a complement–interfere model of computer-mediated communication in the context of face-to-face interactions. *Social Psychological and Personality Science*, *9*, 702-710.
- Heintzelman, S. J.** (2018). Eudaimonia in the contemporary science of subjective well-being: Psychological well-being, self-determination, and meaning in life. In E. Diener, S. Oishi, & L. Tay (Eds.), *Handbook of Well-Being*. Noba Scholar Handbook series: Subjective well-being. Salt Lake City, UT: DEF publishers.
- Heintzelman, S. J.** (2018). Meaning in life in context. In J. Maddux (Ed.) *Subjective Well-Being and Life Satisfaction* (pp. 293-310). New York: Routledge.
- Heintzelman, S. J.,** & Tay, L. (2018). Subjective well-being: Payoffs of being happy and ways to promote happiness. In D. Dunn (Ed.) *Frontiers of Social Psychology: Positive Psychology* (pp. 9-28). New York: Routledge.
- Oishi, S., & **Heintzelman, S. J.** (2018). Individual and societal well-being. In K. Deaux and M. Snyder (Eds.) *The Oxford Handbook of Personality and Social Psychology*. Oxford University Press.
- Kushlev, K.*, **Heintzelman, S. J.***, Lutes, L. D., Wirtz, D., Oishi, S., & Diener, E. (2017). ENHANCE: Design and rationale of a randomized controlled trial for promoting happiness. *Contemporary Clinical Trials*, *52*, 62-74. *Co-first authors
- Diener, E., **Heintzelman, S. J.**, Kushlev, K., Tay, L., Wirtz, D., Lutes, L. D., Oishi, S. (2017). Findings all psychologists should know from the new science on subjective well-being. *Canadian Psychology/Psychologie Canadienne*, *58*, 87-104.
- Buttrick, N. R., **Heintzelman, S. J.**, & Oishi, S. (2017). Inequality and well-being. *Current Opinion in Psychology*, *18*, 15-20.
- Heintzelman, S. J.** (2017). King, Laura A. In V. Zeigler-Hill and T. K. Shakelford (Eds.) *Encyclopedia of Personality and Individual Differences*. Springer, Cham.
- Heintzelman, S. J.,** & King, L. A. (2016). Meaning in life and intuition. *Journal of Personality and Social Psychology*, *110*, 477-492.
- King, L. A., **Heintzelman, S. J.,** & Ward, S. J. (2016). Beyond the search for meaning: The Contemporary science of meaning in life. *Current Directions in Psychological Science*, *25*, 211-216.
- Heintzelman, S. J.,** Trent, J., & King, L. A. (2016). How would the self be remembered? Evidence for posthumous self-verification. *Journal of Research in Personality*, *61*, 1-10.
- Fleming, K. A., **Heintzelman, S. J.,** & Bartholow, B. D. (2016). Specifying associations between conscientiousness and executive control: Attention shifting, not inhibition or working memory updating. *Journal of Personality*, *84*, 348-360.
- Heintzelman, S. J.,** & King, L. A. (2015). Self-reports of meaning in life matter. *American Psychologist*, *70*, 575-576.

- Heintzelman, S. J.,** Trent, J., & King, L. A. (2015). Revisiting desirable response bias in well-being reports. *Journal of Positive Psychology, 10*, 167-178.
- Heintzelman, S. J.,** & Bacon, P. L. (2015). Relational self-construal moderates the effect of social support on life satisfaction. *Personality and Individual Differences, 73*, 72-77.
- Heintzelman, S. J.,** & King, L. A. (2014). Life is pretty meaningful. *American Psychologist, 69*, 561-574.
- Heintzelman, S. J.,** & King, L. A. (2014). (The feeling of) meaning-as-information. *Personality and Social Psychology Review, 18*, 153-167.
*Society for Personality and Social Psychology Student Publication Award, 2015
- Heintzelman, S. J.,** Trent, J., & King, L. A. (2013). Encounters with objective coherence and the experience of meaning in life. *Psychological Science, 24*, 991-998
- Heintzelman, S. J.,** & King, L. A. (2013). On knowing more than we can tell: Intuitive processes and the experience of meaning. *Journal of Positive Psychology, 6*, 471-482.
- Heintzelman, S. J.,** Christopher, J., Trent, J., & King, L. A. (2013). Counterfactual thinking about one's birth enhances well-being judgments. *Journal of Positive Psychology, 8*, 44-49.
- Heintzelman, S. J.,** & King, L. A. (2013). The origins of meaning: Objective reality, the unconscious mind and awareness. In J.A. Hicks and C. Routledge (Eds.) *The Experience of Meaning in Life: Classical Perspectives, Emerging Themes, and Controversies* (pp. 87-99). New York: Springer Press.
- Burton, C. M., **Heintzelman, S. J.,** & King, L. A. (2013). A place for individual differences in what everyone knows about what everyone does: Positive affect, cognitive processes, and Cognitive Experiential Self Theory. *Social and Personality Psychology Compass, 7*, 749-761.
- Heintzelman, S. J.,** & King, L. A. (2011). The local baby and the global bathwater: Circumscribed goals for the future of the multilevel personality in context model. *Psychological Inquiry, 22*, 23-25.

CONFERENCE PRESENTATIONS & INVITED TALKS

- Ortiz, A., Westgate, E.C., Lin, Y., **Heintzelman, S.J,** Jiang, C., Prokosch, M., El Helou, G., Cardenas, N., & Kim, H. (October, 2022). *Underestimating meaning: Focusing more on reasons (and less on feelings) boosts predicted meaning*. Paper presented at the Society of Southeastern Social Psychologists Conference. Oxford, MS.
- Heintzelman, S. J.** (August, 2022). *Innovative directions in psychological well-being research*. Symposium chair and discussant at the American Psychological Association Conference. Minneapolis, MN.
- Heintzelman, S. J.** (June, 2022). *Meaning in life: From mundane to profound*. Keynote address at the Meaning in Life International Conference. Hong Kong.

- Heintzelman, S. J.** (April, 2022). *The science of psychological well-being for patients and practitioners*. Invited talk at the Minority Association of Pre-Health Students Annual Health Conference. Newark, NJ.
- Heintzelman, S. J.** (February, 2022). *Personality science: The next generation*. Invited Presidential Plenary, Session entitled “Lost Lessons of 1968: Toward a More Diverse Personality Science.” Society for Personality and Social Psychology Conference. San Francisco, CA.
- Heintzelman, S. J.** (April, 2021). *Meaning in everyday life*. Invited talk at Rutgers University Psychology Department, New Brunswick, NJ.
- Heintzelman, S. J.** (April, 2021). *Meaning in everyday life*. Keynote address at Social Psychology Days Conference, Helsinki, Finland.
- Heintzelman, S. J.** (April, 2021). *Understanding, personalizing, and contextualizing well-being interventions*. Invited talk at University of Missouri Psychology Department, Columbia, MO.
- Heintzelman, S. J.** (November, 2020). *Meaning in everyday life*. Invited talk at University of Texas at El Paso Psychology Department, El Paso, TX.
- Heintzelman, S. J.** (November, 2019). *The lived experience of gun ownership*. Invited talk at the Preventing Gun Violence Research Symposium, Newark, NJ.
- Heintzelman, S. J.,** Kushlev, K., & Diener, E. (October, 2019). *Evaluating Strategies for Personalizing Well-Being Interventions*. Presented at a Symposium entitled “The Good Life: New Insights into the Psychology of Happiness and Well-Being.” Lora Park, Chair. Society of Experimental Social Psychology Conference. Toronto, ON.
- Heintzelman, S. J.** (October, 2019). *Meaning in everyday life*. Invited talk at SWPS University of Social Sciences and Humanities, Wroclaw, Poland
- Heintzelman, S. J.** (June, 2019). *Leveraging the Science of Meaning in Life*. Invited talk at the New Directions in Leadership Research Conference, Durham, NC.
- Heintzelman, S. J.** (April, 2019). *Meaning in everyday life*. Invited talk at The Meaning of Life Conference: An Interdisciplinary Conference on the Meaning of Life, Cambridge, MA.
- Heintzelman, S. J.** (February, 2019). *Out of the Lab with Laura King*. Invited talk at the Society of Personality and Social Psychology Conference, Portland, OR.
- Buttrick, N., **Heintzelman, S. J.,** Weser, V. U., Diener, E., Oishi, S. (May 2018). *Higher population density and lower meaning in life*. Presented at a Symposium entitled “The Psychology of Place and Home.” Laura A. King & Milla Titova, Co-chairs. The Association for Psychological Science Convention. San Francisco, CA.
- Kushlev, K., **Heintzelman, S. J.,** Kanippayoor J. M., Leitner, D. S. J., Lutes, L. D., Wirtz, D. Oishi, S., & Diener, E. (April, 2018). *Delivering happiness online: A randomized controlled trial of a web*

- platform for increasing subjective well-being.* Invited talk at the American Psychological Association's Conference on Technology, Mind & Society, Washington, DC.
- Heintzelman, S. J.** (March, 2018). *ENHANCE: Evidence for the efficacy of a comprehensive intervention program to promote durable changes in subjective well-being.* Invited talk at the Happiness and Well-Being Preconference, Atlanta, GA.
- Heintzelman, S. J.** (February, 2018). *Sense and Stability: A Practical Side of Meaning in Life.* Invited colloquium. Purdue University. West Lafayette, IN.
- Heintzelman, S. J.** (January, 2018). *Sense and Stability: A Practical Side of Meaning in Life.* Invited colloquium. University of Rochester. Rochester, NY.
- Heintzelman, S. J.** (December, 2017). *Sense and Stability: A Practical Side of Meaning in Life.* Invited colloquium. Rutgers University. Newark, NJ.
- Heintzelman, S. J.** (December, 2017). *Sense and Stability: A Practical Side of Meaning in Life.* Invited colloquium. Queen's University. Kingston, ON.
- Heintzelman, S. J.** (November, 2017). *Sense and Stability: A Practical Side of Meaning in Life.* Invited colloquium. University of Toronto. Toronto, ON.
- Heintzelman, S. J.** (April, 2017). *Unique Predictors of Meaning in Life.* Invited talk at the Future of Well-Being Research Summit. Salt Lake City, UT.
- Heintzelman, S. J., & Kushlev, K.** (April 2017). *ENHANCE-ing Happiness: Randomized Controlled Trials.* Invited talk at the Future of Well-Being Research Summit. Salt Lake City, UT.
- Heintzelman, S. J.** (February, 2017). *A Broadened Understanding of the Experience of Meaning in Everyday Life.* Invited colloquium. University of Oregon. Eugene, OR.
- Heintzelman, S. J.** (February, 2017). *ENHANCE: Evidence from Two Randomized Controlled Trials Testing A Comprehensive Subjective Well-Being Intervention.* Invited colloquium. University of Oregon. Eugene, OR.
- Heintzelman, S. J.** (December, 2016). *Understanding and Enhancing Psychological Well-Being Processes.* Invited colloquium. Southern Methodist University. Dallas, TX.
- Heintzelman, S. J.** (November, 2016). *Understanding and Enhancing Psychological Well-Being Processes.* Invited colloquium. McGill University. Montreal, QC, Canada.
- Heintzelman, S. J.** (August, 2016). *The Science of Happiness: Skills for Cultivating Happiness.* Invited Colloquium. UVA Physicians Group. University of Virginia.
- Heintzelman, S. J., & Kushlev, K.** (July, 2016). *The Science of Happiness: Skills for Cultivating Happiness.* Invited Colloquium. Faculty and Employee Assistance Program. University of Virginia.

- Heintzelman, S. J., & King, L. A.** (May, 2016). *Routines as sources of meaning in life*. Presented at a Symposium entitled “Finding Happiness: Surprising Sources of Meaning and Well-being.” Matthew Killingsworth & Juliana Schroeder, Co-chairs. The Association for Psychological Science Convention. Chicago, IL.
- Heintzelman, S. J., & King, L. A.** (August, 2015). *The presence of environmental coherence fosters feelings of meaning in life*. Presented at a Symposium entitled “Advances in Conceptualizing Meaning in Life.” Login George, Chair. The American Psychological Association Convention. Toronto, ON, Canada.
- Heintzelman, S. J., & King, L.A.** (July, 2015). *Habits and routines as sources of meaning in life*. Invited talk at the Interdisciplinary Conference on Advances in the Science of Habits. Catalina Island, CA.
- Heintzelman, S. J.** (March, 2015). *Meaning and the mundane: Understanding the sources and function of meaning in life*. Invited colloquium. Kellogg School of Management. Evanston, IL.
- Heintzelman, S. J., & King, L. A.** (February, 2015). *Mundane contributors to meaning in life*. Presented at a Symposium entitled “The Meaning of life: Empirically assessing self-actualization, well-being and satisfaction.” Douglas Kenrick, Jamie Krems, & Becca Neel, Co-chairs. The sixteenth annual Society for Personality and Social Psychology Convention. Long Beach, CA.
- Heintzelman, S. J.** (January, 2015). *Meaning and the mundane: Understanding the sources and function of meaning in life*. Invited colloquium. University of Houston. Houston, TX.
- Heintzelman, S. J.** (December, 2014). *Meaning and the mundane: Understanding the sources and function of meaning in life*. Invited colloquium. McGill University. Montreal, QC, Canada.
- Heintzelman, S. J.** (November, 2014). *Meaning and the mundane: Understanding the sources and function of meaning in life*. Invited colloquium. Florida State University. Tallahassee, FL.
- Heintzelman, S. J., & King, L. A.** (May, 2014). *Coherence in negative experiences sustains meaning in life*. Paper presented at the eighty-sixth annual meeting for the Midwestern Psychological Association. Chicago, IL.
- Heintzelman, S. J.** (March, 2014). *Exploring the role of environmental coherence in the experience of meaning*. Invited webinar presentation to the Masters of Applied Positive Psychology continuing education program. University of Pennsylvania.
- King, L. A., & **Heintzelman, S. J.** (January, 2013). Why do we need meaning? Presented at a Symposium entitled “A happy and a meaningful life: Cutting edge research on two of humankind’s most cherished goals.” Kathleen Vohs, Chair. The fourteenth annual Society for Personality and Social Psychology Convention. New Orleans, LA.

Heintzelman, S. J. (April, 2009) *Relational self-concept as a moderator between perceived social support and outcome variables*. Paper presented at the forty-fourth annual Minnesota Undergraduate Psychology conference, Saint Joseph, MN.

Heintzelman, S. J. (April, 2009) *Relational self-concept as a moderator between perceived social support and outcome variables*. Paper presented at the ninth annual College of Saint Benedict and Saint John's University Scholarship and Creativity Day, Collegeville, MN.

POSTER PRESENTATIONS

⁺graduate student mentee; [^]undergraduate mentee

Mohideen, F.⁺ & **Heintzelman, S. J.** (February, 2022). *Moving from perceived injustice to collective action: The role of meaning in life*. Poster presented at the SPSP Annual Convention, San Francisco, CA.

Mohideen, F.⁺ & **Heintzelman, S. J.** (August, 2021). *What will upward social mobility be like? Motives and forecasts of well-being and meaning in life*. Poster presented at the Society for the Psychology Study of Social Issues Convention.

Gomez, B. N.[^], Mohideen, F.⁺, & **Heintzelman, S. J.** (April, 2021). *The pursuit of happiness during COVID-19: Perceptions of positive psychology interventions during the pandemic*. Poster presentation at Rutgers University, Newark Research Week. Newark, NJ.

Oyeshee, E.[^], Mohideen, F.⁺, & **Heintzelman, S. J.** (April, 2021). *When is pursuing happiness worth it? Perceptions of happiness interventions across socioeconomic levels*. Poster presentation at Rutgers University, Newark Research Week. Newark, NJ.

Reyes, N. A.[^], **Heintzelman, S. J.**, & Cervantes-Cervantes, M. (April, 2021). *A bio-psycho-social multidisciplinary examination of the end of life*. Poster presentation at Rutgers University, Newark Research Week. Newark, NJ.

Mohideen, F.⁺ & **Heintzelman, S. J.** (February, 2021). *What makes routine enactment feel meaningful? Examinations of activity content and context*. Poster presented at the SPSP Annual Convention.

Mohideen, F.⁺ & Heintzelman, S. J. (February, 2021). *What will upward social mobility be like? Motives and forecasts of well-being and meaning in life*. Poster presented at the SPSP Happiness and Well-Being Preconference.

Penza, A., Cantarero, K., Kosiarczyk, A., Smoktunowicz, E., & **Heintzelman, S. J.**, (July, 2020). *Meaning over money? On how manipulating task meaningfulness affects engagement in behavior*. Poster presentation at the General meeting of the European Association of Social Psychology, Krakow, Poland.

Penza, A., Cantarero, K., Kosiarczyk, A., Smoktunowicz, E., & **Heintzelman, S. J.**, (June, 2020). *Meaning over money? On how manipulating task meaningfulness affects engagement in behavior*. Poster presentation at the European Conference on Positive Psychology, Reykjavik, Iceland.

- Mohideen, F.⁺ & **Heintzelman, S. J.** (February, 2020). *Lay beliefs about meaning in life: Examinations across targets, time, and countries*. Poster presentation at the Happiness and Well-Being Preconference, New Orleans, LA.
- Anwar, K.[^], & **Heintzelman, S. J.** (February, 2020). *Examining the relationship between mindfulness and race-related stress among Black men*. Poster presentation at the Happiness and Well-Being Preconference, New Orleans, LA.
- Ciszewski, S., Lutes, L., Kushlev, K., **Heintzelman, S. J.**, Kanippayoor, J. M., Leitner, D., Wirtz, D., Oishi, S., & Diener, E. (April, 2017). *ENHANCE: A preliminary examination of physiological outcome data following a 12-week well-being intervention*. Poster presentation at the 5th Canadian Obesity Summit. Banff, Alberta.
- Lutes, L. D., Wirtz, D., Chrusch, C., Kanippayoor, J. M., Leitner, D., **Heintzelman, S. J.**, Kushlev, K., Oishi, S., & Diener, E. (May, 2016). *ENHANCE: Enduring Happiness and Continued Self-Enhancement: Design and rationale of a randomized clinical trial*. Poster presentation at the International Behavioral Trials Network Conference, Montreal, QC, Canada.
- Heintzelman, S. J.**, & King, L. A. (January, 2016). *Finding meaning in routine experiences*. Poster presentation at the seventeenth annual meeting for the Society of Personality and Social Psychology, San Diego, CA.
- Fleming, K. A., **Heintzelman, S. J.**, & Bartholow, B. D. (February, 2015). *Specifying associations between conscientiousness and executive control: Attention shifting, not inhibition or working memory updating*. Poster presentation at the sixteenth annual meeting for the Society for Personality and Social Psychology, Long Beach, CA.
- Heintzelman, S. J.**, & King, L. A. (February, 2014). *Routines and habits (even bad ones) relate positively to meaning in life*. Poster presentation at the fifteenth annual meeting for the Society for Personality and Social Psychology, Austin, TX.
- Heintzelman, S. J.**, & King, L. A. (February, 2014). *Associative cues and routines foster the experience of meaning in life*. Poster presentation at the Happiness and Well-Being Preconference, Austin, TX.
- Harbin, R.[^], **Heintzelman, S. J.**, & King, L. A. (May, 2013). *Finding meaning in the margins: Incidental exposure to pattern and its effect on meaning in life*. Poster presentation at the eighty-fifth annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Harbin, R.[^], **Heintzelman, S. J.**, & King, L. A. (May, 2013). *Finding meaning in the margins: Incidental exposure to pattern and its effect on meaning in life*. Poster presentation at the sixth annual University of Missouri Psychology Day, Columbia, MO.
- Heintzelman, S. J.**, & King, L. A. (January, 2013). *Daily meaning in life varies with the weather*. Poster presentation at the fourteenth annual meeting for the Society for Personality and Social Psychology, New Orleans, LA.

- Heintzelman, S. J.,** & King, L. A. (July, 2012). *Daily meaning in life varies with the weather*. Poster presentation at the seventh biennial International Meaning Conference, Toronto, ON, Canada.
- Mitchell, G. L. ^, & **Heintzelman, S. J.** (May, 2012). *The cognitive consequences of positive affect: The moderating effects of intuition*. Poster presentation at the eighty-fourth annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Mitchell, G. L. ^*, & **Heintzelman, S. J.** (April, 2012). *The cognitive consequences of positive affect: The moderating effects of intuition*. Poster presentation at the fifth annual University of Missouri Psychology Day, Columbia, MO.
*Undergraduate mentee awarded poster prize for presentation
- Heintzelman, S. J.,** & King, L. A. (January, 2012). *Going against the grain: Intuitive information processing, positive affect, and the meaning of success*. Poster presentation at the thirteenth annual meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Coker, T. ^, & **Heintzelman, S. J.** (May, 2011). *Actual and imagined realities*. Poster presentation at the eighty-third annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Heintzelman, S. J.,** & Bacon, P. L. (January, 2010). *Relational self-construal as a moderator between perceived social support and distress and life satisfaction*. Poster presentation at the eleventh annual meeting of the Society for Personality and Social Psychology, Las Vegas, NV.
- Heintzelman, S. J.** (April, 2009) *Relational self-concept as a moderator between perceived social support and outcome variables*. Invited poster presentation at the seventy-third annual Minnesota Psychological Association convention, Plymouth, MN.
- Engdahl, M., **Heintzelman, S. J.** & Pena, M. (April, 2008). *Beliefs about intelligence and well-being*. Poster presentation at the forty-third annual Minnesota Undergraduate Psychology Conference, St. Paul, MN.
- Christianson, M., Engdahl, M., **Heintzelman, S. J.**, Ley, H. & Pena, M. (April, 2008). *Beliefs about intelligence and well-being*. Poster presentation at the eighth annual College of Saint Benedict and St. John's University Scholarship and Creativity Day, Collegeville, MN.

TEACHING

Instructor

Rutgers University—Newark

Graduate Level

Personality Psychology: Spring 2020

Research Seminar: Fall 2020

Undergraduate Level

Social Psychology: Spring 2019, Fall 2019, Fall 2020 (online), Fall 2022

The Science of Happiness: Spring 2021 (online), Fall 2021 (Honors College)

College of Saint Benedict/Saint John's University

Teaching Practicum Seminar, Fall 2009-Spring 2010

GRE Preparatory Course, Spring 2010
 Introductory Psychology Laboratory, Spring 2009

Course Consultant

Subjective Well-Being, University of Virginia, Spring 2016, Spring 2018, Instructor: Ed Diener

Guest Lecturer

Subjective Well-Being, University of Virginia, Instructor: Ed Diener, 2016, 2018

Topics: Practicing Happiness; The Science of Meaning in Life; Positive Interventions

Positive Psychology, University of Missouri, Instructor: Kennon Sheldon, 2014, 2015

Topic: The Science of Meaning in Life

Social Psychology, University of Missouri, Instructor: Laura Scherer, 2013

Topic: Conflict and Peacemaking

Teaching Assistant

University of Missouri

Social Psychology, Spring 2013, Instructor: Laura Scherer

General Psychology, Spring 2013, Instructor: Roxana Carlo

Human Sexuality, Fall 2010, Instructor: Melanie Sheldon

MENTORSHIP

Ph.D. Adviser

Fahima Mohideen, 2019-

Elif Ulutaş, 2021-

Graduate Doctoral Dissertation Committee Member

Valeria Vila

Emily Brudner

Master's Thesis Committee Member

Claudia Pinzon, 2020

PREP Post-Baccalaureate Program Adviser

Sharon Chin, 2021-

Bridgette Byrd, 2020-2022

Da'Quallon Smith, 2019-2020

*Undergraduate Honors Thesis Project Adviser (*McNair Scholar Mentee)*

Rutgers University—Newark

Micaela Generali, 2021-2022

Viridiana Villasenor, 2020-2021

Eshrat Oyeshee, 2020-2021

Bryant Gomez, 2020-2021*

Nelson Reyes, 2020-2021

Kainaat Anwar, 2019-2020*

University of Missouri

Brendon Woody, 2015; Kelsey Clark, 2015; Lydia Emge, 2014; Robert Harbin, 2013; Gerald

Mitchell, 2012*; Tamara Coker, 2011

Summer Undergraduate Research Fellowship Mentor

Kainaat Anwar, 2019

Christopher Jones, 2021

Leticia Sefia, 2022

Undergraduate Honors Thesis Project Reader

Christine Nazaire, 2019

PROFESSIONAL SERVICE*Editorial Board, Consulting Editor*

Journal of Research in Personality, 2018-

Perspectives on Psychological Science, 2019-2021

Frontiers in Psychology, Personality and Social Psychology, 2018-2020

Review of General Psychology, 2017- 2019

Ad Hoc Reviewer (Journals Listed in Alphabetical Order)

British Journal of Social Psychology; Cognitive Therapy and Research; Collabra: Psychology;

Comprehensive Results in Social Psychology; Current Psychology; Developmental Psychology;

Emotion; European Journal of Social Psychology; International Journal of Community Well-Being;

International Journal of Psychology; International Journal of Well-Being; Journal of Behavioral

Decision Making; Journal of Behavioral Medicine; Journal of Clinical Psychology; Journal of Cross-

Cultural Psychology; Journal of Economic Psychology; Journal of Experimental Psychology:

General; Journal of Experimental Social Psychology; Journal of Happiness Studies; Journal of

Personality; Journal of Personality and Social Psychology: Personality Processes and Individual

Differences; Journal of Personality and Social Psychology: Interpersonal Relations and Group

Processes; Journal of Positive Psychology; Journal of Research in Personality; Journal of Social and

Personal Relationships; Journal of Well-Being Assessment; Media Psychology; Motivation and

Emotion; Nature Communications; Nature Human Behavior; Personality and Social Psychology

Bulletin; Proceedings of the National Academy of Sciences; Psychological Science; Quality of Life

Research; Research on Aging; Review of General Psychology; Royal Society Open Science; Self and

Identity; Social and Personality Psychology Compass; Social Psychological and Personality Science;

Social Cognition; Social Science Research; The International Journal for the Psychology of Religion;

YOUNG Nordic Journal of Youth Research

Division 8 Program Chair, American Psychological Association, 2022*Division 8 Program Co-Chair*, American Psychological Association, 2021*Conference Organizer*, Happiness and Well-Being Preconference 2020-2021*Conference Submission Reviewer*, Happiness and Well-Being Preconference, 2019*Summer Institute Instructor*, European Association of Social Psychology Summer School, 2022*International Advisory Committee*, Meaning in Life International Conference, 2022**UNIVERSITY AND DEPARTMENTAL SERVICE**

Rutgers University—Newark

Poster Judge, Research Week Student Research Showcase, 2022*Developmental Faculty Hiring Committee*, Department of Psychology, 2021*Faculty Liaison to the Diversity, Equity, and Inclusion Committee*, Department of Psychology 2021-*Qualifying Exam Committee*, Department of Psychology, 2020, 2022*Graduate Executive Committee*, Department of Psychology, 2019-*R-Points Committee*, Department of Psychology, 2019-*Mentor, Women in Science Networking and Mentoring Event*, 2019*Social Psychology Journal Club Co-Organizer*, Department of Psychology, 2019-*Social Affective Neuroscience Reading Group Co-Organizer*, Department of Psychology, 2019-

University of Missouri

Student Representative, Social/Personality Area Training Committee, 2012-2013*Social Chair*, Graduate Association of Students in Psychology, 2011-2012

PROFESSIONAL AFFILIATIONS

Society for Personality and Social Psychology

Association for Psychological Science

Midwestern Psychological Association

Association for Research in Personality

SELECT MEDIA COVERAGE

- [Laurie Santos on Why Her Yale Students Have so Much Anxiety](#), The New York Times, 02/21/22
- [Routine Videos Are an Actually Relaxing Corner of Social Media](#), Teen Vogue, 01/28/22
- [Trump True Believers Have Their Reasons](#), The New York Times, 10/06/21
- [Vaxxed But Not Relaxed](#), The Boston Globe, 05/29/21
- [#5 Subjective Well-Being with Susanne Bucker, Richard Lucas, and Samantha Heintzelman](#), Personality Psychology Podcast, 05/26/21
- [Essay: A Love Letter to Lost Commutes](#), Houston Chronicle, 03/11/21
- [In the Social Distancing Era, Boredom May Pose a Public Health Threat](#), Science News, 02/15/21
- [The Science Behind All That ‘Create a Routine’ Advice](#), National Geographic, 01/11/21
- [Gain Focus and Clarity for 2021 With this Holistic Planning Tool](#), Forbes, 11/30/20
- [Pandemic-Proof Your Habits: Too Many People are Still Longing for Their Old Routines. Get Some New One’s Instead](#), The New York Times, 11/28/20
- [Health and Happiness Depend On Each Other](#), Science Daily, 07/22/20
- [Can Happiness Make Us Healthier? Evidence From a Randomized Controlled Trial](#), Society of Clinical Psychology, 06/24/20
- [The Top 10 Insights from the “Science of a Meaningful Life” in 2019](#), Greater Good Magazine, 12/19/19
- [Happiness Doesn’t Make You Ignore Social Problems](#), Greater Good Magazine, 09/11/19
- [State of New Jersey and Rutgers University Announce New Gun Violence Research](#), Rutgers Today, 09/09/19
- [In Search of Meaning](#), Monitor on Psychology, 10/18
- [A Meaning to Life: How a Sense of Purpose Can Keep You Healthy](#), New Scientist, 01/25/17
- [A Science of Meaning in Life: Teaching Current Directions in Psychological Science](#), American Psychological Society, 11/30/16
- [Can People Learn to Be Happier?](#), RadioIQ: Virginia’s Public Radio, 08/04/16
- [5 Ways to Find Meaning in Life Following Adversity](#), Psychology Today, 06/25/16
- [A New Psychological Insight Makes Me Feel Much Less Boring](#), Business Insider, 06/16/16
- [The Kafka Effect](#), Psychology Today, 04/05/16
- [How Do You Want To Be Remembered?](#), Pacific Standard, 02/09/16
- [Everyday Routines Make Life Feel More Meaningful](#), Scientific American Mind, 07/01/15
- [Meaning and Purpose in Life: Commonplace or Hard to Come By?](#), The Huffington Post, 12/31/14

